

♥ Safe Haven Connect CIC · Building Confidence Workbook.pdf

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Mental Health & Wellbeing

Building Confidence Workbook

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Disclaimer

This workbook has been created by Safe Haven Connect CIC to provide general mental health and wellbeing information.

The exercises in this workbook are intended for self-reflection and personal development. They are not a substitute for professional medical, psychological or therapeutic advice.

If you are experiencing significant mental health difficulties, please seek support from your GP or another qualified healthcare professional.

If you or someone else is at immediate risk of harm, contact your local emergency services immediately.

By using this workbook, you acknowledge that you are responsible for your own wellbeing and decisions.

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PAGE 1 – What Is Confidence?

Confidence isn't about being perfect or never feeling nervous.

Confidence is believing that you can face challenges, learn from mistakes and continue moving forward, even when things feel difficult.

Confidence grows through experience, practice and self-belief.

♥ I would like to feel more confident when...

- ☐ Speaking to new people
- ☐ Going to work or school
- ☐ Applying for jobs
- ☐ Trying new things
- ☐ Speaking in groups
- ☐ Making decisions
- ☐ Setting boundaries
- ☐ Believing in myself
- ☐ Meeting new people
- ☐ Other:

♥ What would having more confidence allow me to do?

♥ My biggest confidence challenge

♥ Remember

Confidence isn't something you're born with.

It's something you build, one small step at a time.

Every time you face a fear, try something new or believe in yourself, your confidence grows.

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PAGE 2 – Recognising Your Strengths

Confidence grows when we recognise what we're already doing well.

Everyone has strengths, talents and qualities that make them unique.

Take a few moments to think about the positive qualities you already have.

♥ My strengths include...

☐ Kindness

- ☐ Honesty
- ☐ Patience
- ☐ Creativity
- ☐ Reliability
- ☐ Sense of humour
- ☐ Determination
- ☐ Compassion
- ☐ Good listener
- ☐ Hard-working
- ☐ Courage
- ☐ Other:

♥ Three things I'm proud of

1.

2.

3.

♥ A challenge I've overcome

♥ What did this teach me about myself?

♥ Remember

Confidence doesn't come from never struggling.

It comes from recognising how far you've already come and believing that you can continue to grow.

Every challenge you've overcome is proof that you're stronger than you may realise.

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PAGE 3 – Challenging Self-Doubt

Everyone experiences self-doubt from time to time.

Self-doubt can make us question our abilities, even when we've overcome challenges before.

Learning to challenge these thoughts can help build confidence over time.

♥ I sometimes doubt myself when...

- ☐ Trying something new.
- ☐ Speaking in front of others.
- ☐ Making decisions.
- ☐ Applying for jobs.
- ☐ Meeting new people.
- ☐ Sharing my opinions.
- ☐ Asking for help.
- ☐ Other:

♥ My self-doubt often says...

♥ A more balanced way of thinking

Instead of saying...

I could remind myself...

♥ Evidence that I am capable

Write down three examples that show you've handled challenges before.

1.

2.

3.

♥ Remember

Self-doubt is a thought—not a fact.

You don't have to wait until you feel completely confident before taking action.

Confidence grows every time you choose to take the next small step despite your doubts.

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PAGE 4 – Stepping Outside Your Comfort Zone

Confidence grows when we gently challenge ourselves.

You don't need to make huge changes overnight. Small steps outside your comfort zone can build confidence over time.

Feeling nervous doesn't mean you can't do something—it often means you're growing.

 Something I'd like to feel more confident doing

 How confident do I feel today?

☐ Very confident

☐ Quite confident

- ☐ Unsure
- ☐ A little nervous
- ☐ Very nervous

 One small step I can take this week

- ☐ Start a conversation with someone.
- ☐ Try a new activity.
- ☐ Ask a question.
- ☐ Share my opinion.
- ☐ Learn a new skill.
- ☐ Apply for something I've been putting off.
- ☐ Speak up in a group.
- ☐ Other:

 What could help me succeed?

- ☐ Prepare beforehand.
- ☐ Take slow, deep breaths.
- ☐ Remind myself I don't need to be perfect.
- ☐ Ask someone to encourage me.
- ☐ Celebrate trying, whatever happens.
- ☐ Focus on learning instead of getting everything right.

☐ Other:

♥ How will I celebrate taking this step?

♥ Remember

Every confident person was once a beginner.

The goal isn't to eliminate fear—it's to keep moving forward even when fear is present.

Small acts of courage, repeated often, build lasting confidence.

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PAGE 5 – Positive Self-Talk

The way you speak to yourself has a powerful impact on your confidence.

Negative self-talk can hold you back, while kind and encouraging words can help you face challenges with greater belief in yourself.

You deserve to be your own biggest supporter.

♥ I sometimes say to myself...

☐ "I'm not good enough."

☐ "I can't do this."

☐ "I'll probably fail."

☐ "Everyone is better than me."

☐ "I'm not confident."

☐ Other:

♥ A kinder response could be...

Instead of saying...

I could say...

♥ Three positive things about myself

1.

2.

3.

My Daily Confidence Statement

Write a positive statement you can read every morning.

Remember

The voice you hear most often is your own.

Choose words that encourage you, support you and remind you of your strengths.

Confidence grows every time you speak to yourself with kindness and belief.

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PAGE 6 – Accepting Compliments

Many people find it easier to criticise themselves than to accept a compliment.

Learning to accept positive feedback can help strengthen your confidence and remind you of your value.

Remember, it's okay to acknowledge your strengths.

♥ When someone compliments me, I usually...

- ☐ Say "thank you."
- ☐ Brush it off.
- ☐ Change the subject.
- ☐ Feel embarrassed.
- ☐ Don't believe them.
- ☐ Appreciate their kindness.
- ☐ Other:

♥ Compliments I've received

Write down three positive things that people have said about you.

1.

2.

3.

♥ How do these compliments make me feel?

♥ Today I will practise accepting kindness by simply saying...

"Thank you."

♥ Remember

Accepting a compliment isn't being arrogant.

It's recognising that you have positive qualities that others can see.

Allow yourself to believe that you are worthy of kindness, appreciation and encouragement.

The way others see your strengths can help you recognise them in yourself.

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PAGE 7 – Learning From Mistakes

Everyone makes mistakes.

Mistakes don't define who you are—they provide opportunities to learn, grow and become more confident.

Confidence grows when you allow yourself to learn instead of expecting perfection.

♥ Think about a mistake you've made.

What happened?

♥ What did I learn from this experience?

♥ If I faced a similar situation again, I would...

- ☐ Stay calm.
- ☐ Believe in myself.
- ☐ Ask for help if needed.
- ☐ Prepare differently.
- ☐ Keep trying.
- ☐ Accept that mistakes are part of learning.
- ☐ Other:

♥ Something I'm proud of despite this mistake

♥ What encouragement would I give someone else in the same situation?

Remember

Nobody succeeds without making mistakes.

Every confident person has learned through experience, practice and perseverance.

Don't let one mistake stop you from taking your next step.

Mistakes are proof that you're learning, growing and having the courage to try.

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PAGE 8 – Celebrating Your Progress

Confidence isn't built by waiting until you've achieved everything.

It's built by recognising the progress you've already made, no matter how small it may seem.

Every step forward deserves to be acknowledged.

 Since starting this workbook, I have...

- ☐ Learned something new about myself.
- ☐ Tried something outside my comfort zone.
- ☐ Spoken more kindly to myself.
- ☐ Felt more confident.
- ☐ Faced a fear.
- ☐ Believed in myself more.

☐ Accepted compliments.

☐ Kept going despite challenges.

☐ Other:

♥ Three achievements I'm proud of

1.

2.

3.

♥ What has helped my confidence grow?

♥ How will I celebrate my progress?

☐ Spend time doing something I enjoy.

☐ Treat myself to something small.

☐ Spend time outdoors.

☐ Watch my favourite film.

☐ Meet a friend or loved one.

☐ Relax and reflect.

☐ Other:

 Remember

Confidence doesn't come from never feeling afraid.

It comes from recognising how far you've come and continuing to move forward, one step at a time.

Every achievement—big or small—is worth celebrating.

Be proud of your progress. You are growing every day.

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PAGE 9 – My Confidence Plan

Confidence is something you build through practice, patience and believing in yourself.

Having a personal confidence plan can help you stay focused on your goals and remind you of your strengths when self-doubt appears.

My Strengths

- ☐ Kindness
- ☐ Courage
- ☐ Determination
- ☐ Patience
- ☐ Creativity
- ☐ Honesty
- ☐ Compassion
- ☐ Reliability
- ☐ Sense of humour
- ☐ Problem-solving
- ☐ Other:

My Confidence Goals

Goal 1

Goal 2

Goal 3

Things That Help Me Feel More Confident

- ☐ Preparing in advance.
- ☐ Speaking kindly to myself.
- ☐ Taking one small step at a time.
- ☐ Asking for support.
- ☐ Learning new skills.
- ☐ Looking after my wellbeing.
- ☐ Celebrating my progress.
- ☐ Remembering past successes.
- ☐ Other:

My Personal Reminder

When I begin to doubt myself, I want to remember...

♥ Remember

Confidence isn't about never feeling nervous.

It's about believing that you can cope, learn and keep moving forward.

Every challenge you face is another opportunity to grow stronger.

Believe in yourself—you are capable of more than you realise.

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PAGE 10 – My Confidence Action Plan

Congratulations on completing this workbook.

Confidence grows through practice, not perfection.

Every time you take a small step, face a challenge or believe in yourself, you're strengthening your confidence.

Use this page to create your personal plan for continuing your confidence journey.

♥ Three Things I Will Do to Build My Confidence

1.

2.

3.

♥ This Week I Will...

- ☐ Step outside my comfort zone.
- ☐ Speak kindly to myself.
- ☐ Celebrate my achievements.
- ☐ Accept compliments with a smile.
- ☐ Learn from my mistakes.
- ☐ Try something new.
- ☐ Believe in my abilities.
- ☐ Ask for support if I need it.

♥ My Personal Reminder

When I begin to doubt myself, I will remember...

My Confidence Promise

"I choose to believe in myself, even when things feel difficult. I accept that confidence grows through practice, courage and learning. Every small step I take is helping me become stronger, more capable and more confident."

Signature: _____

Date: ____ / ____ / ____

Final Thoughts

Confidence isn't about never feeling afraid.

It's about having the courage to keep moving forward despite fear.

Celebrate your progress, be patient with yourself and remember that every small achievement matters.

Thank you for using this workbook.

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 Supporting your mental health and wellbeing, one confident step at a time.